

How does high blood pressure affect my kidneys if I have diabetes?

High blood pressure is the other leading cause of kidney disease in people with diabetes. High blood pressure also is a result of damage from kidney disease. If you have high blood pressure, your kidneys may already be damaged. Even a small rise in blood pressure can quickly make kidney disease worse.

What should my blood pressure be?

Your blood pressure goal should either be below 140/80 or 140/90 depending on whether you have kidney disease and how severe it is. Discuss your personal goal with your doctor.



Many people with diabetes have high blood pressure. However, keeping your blood pressure at your goal will help prevent damage to your kidneys, heart, brain, blood vessels, and other parts of your body. Meal planning, medicines, and physical activity can help you reach your blood pressure goal.

Have your blood pressure checked at every health care visit. Ask your doctor if you need medicine to control your blood pressure. Medicine that helps control your blood pressure can slow progression of kidney disease.

Two types of blood pressure-lowering medicines, **angiotensin-converting enzyme (ACE) inhibitors** and angiotensin receptor blockers (ARBs), have been found to slow progression of kidney disease in people with diabetes.

